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PRESS RELEASE

SWIMMING SAFETY TIPS

According to the National Safety Council, drowning is the second leading cause of death from unintentional injuries for youth 5 to 24 years of age and the leading cause of death from unintentional injuries for all ages. The Paramus Board of Health urges everyone to observe the following precautions when swimming to ensure safety as well as fun.

- Never swim alone. Always swim with a buddy.
- Know your swimming limits and stay within them.
- Watch out for the dangerous “toos” – too tired, too cold, too far from safety, too much sun.
- Do not chew gum or food while swimming; you could easily choke.
- Obey “No Diving” signs, which indicate the areas that are unsafe for headfirst entries, if unsure of the depth of the water, you should enter the water feet first. In addition, learn the correct way to dive from a qualified instructor.
- Never drink alcoholic beverages while swimming. Alcohol impairs your judgment, balance, and coordination. It affects your swimming and diving skills and reduces your body’s ability to stay warm.
- If you have a pool or spa, install a fence that goes all the way around. Gates should close and latch by themselves and fencing must be at least 4’ high.
- Learn how to save someone in trouble; learn First Aid and CPR.
- Stay out of pools during severe weather and thunderstorms, especially if lightning is forecasted or present.

Paramus Health Officer, John Hopper strongly recommends these swimming safety tips. More information on water safety can be obtained by visiting the following websites:

American Red Cross – www.redcross.org,
National Safety Council – www.nsc.org,
(CDC) Center for Disease Control and Prevention – www.cdc.gov

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